

## D. CHOLESTEROL AWARENESS

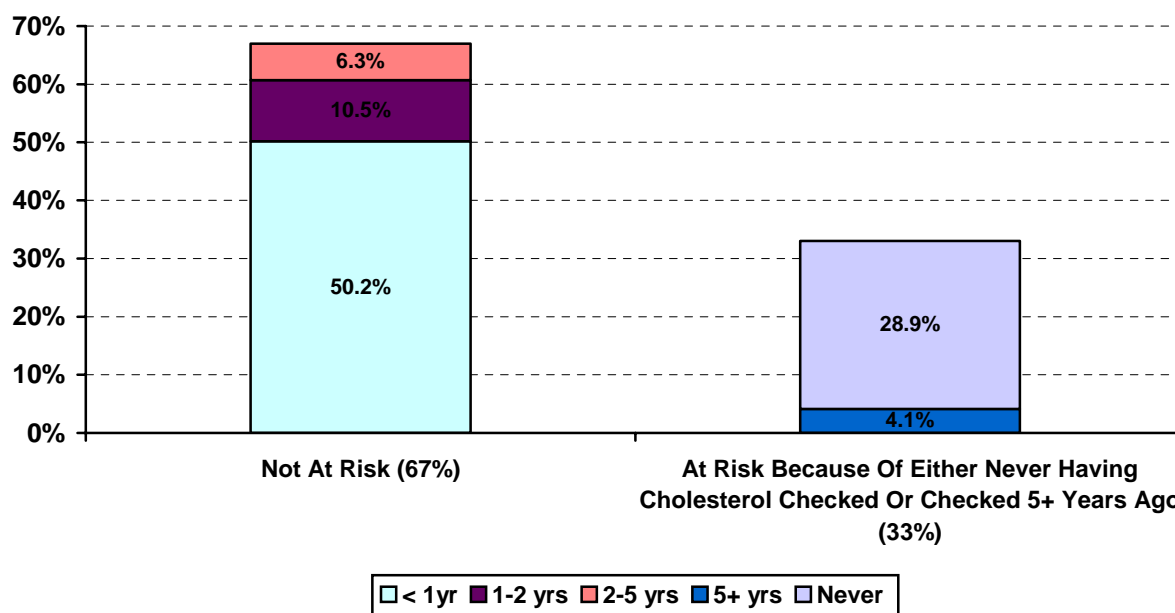
The total cholesterol level in a person's blood is a risk factor for heart disease and stroke; the higher the total level, the greater the risk. Blood cholesterol is affected by factors such as diet, physical activity, weight, heredity, age and gender, alcohol use, and stress. High cholesterol is defined as 240 mg/dL or more.<sup>1</sup>

According to the American Heart Association, "All adults age 20 or older should have a fasting lipoprotein profile (total cholesterol, LDL cholesterol, HDL cholesterol and triglyceride) once every five years."<sup>2</sup>

### **Survey Question:**

*About how long has it been since you last had your blood cholesterol checked?*

According to the 2005 BRFSS, 33 percent of all respondents either reported having their cholesterol checked five or more years ago or never having had it checked. This is worse than the *Healthy People 2010* objective of no more than 20 percent of people not having their cholesterol checked within the past five years.<sup>3</sup>



**Figure D-1.** Percentage of Arizona BRFSS respondents who reported how long has it been since they had their cholesterol checked in 2005. *Healthy People 2010* Objective 12.5 is for no less than 80 percent to have Cholesterol Screening, Within Past Five Years Ages  $\geq 18$ .

People are considered at risk because either they never had their cholesterol checked or if it was checked five or more years ago. More males were at risk (36.7 percent, higher than the rate in 2003) than females (29.3 percent, an increase over the rate in 2003). There is a positive relationship with regards to being at risk and age and education. Those 18-24 years old were most at risk (68.0 percent, higher than in 2003), followed by respondents 25-34 years of age (55.4 percent, also higher than in 2003). Respondents with less than a high school education were most at risk (57.4 percent, an increase over the rate in 2003), the next highest risk group

were respondents with a high college education (41.2 percent, an increase over the 2003 rate). Respondents earning less than \$15,000 were most at risk (44.4 percent, higher than in 2003), followed by respondents earning \$15,000-\$24,999 (42.9 percent, slightly higher than in 2003). Non-White respondents were more than twice at risk than Non-White respondents (51.4 percent and 25.2 percent respectively). Both races have experienced an increase over the rates in 2003. Hispanics (56.9 percent, higher than in 2003) were more than twice at risk than Non-Hispanic respondents (26.0 percent, also higher than in 2003).

#### **References**

1. Centers for Disease Control and Prevention. CDC Fact Book 2000/2001. 2000
2. Get Your Cholesterol Checked: How often should I have my cholesterol checked? Retrieved from the Internet May 15, 2004. <http://www.americanheart.org/presenter.jhtml?identifier=541>
3. U.S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

<b>Arizona BRFSS: Respondents Who Have Not Had Their Cholesterol Checked Within 5 Years Or Never</b>			
GROUPS	WEIGHTED PERCENT		2005 N**
	2003*	2005	
<b><u>Sex</u></b>			
Male	31.1	36.7	462
Female	27.7	29.3	723
<b><u>Age</u></b>			
18-24	64.5	68.0	139
25-34	47.0	55.4	323
35-44	30.4	41.2	289
45-54	23.3	16.6	190
55-64	8.2	12.7	111
65+	7.0	6.8	133
<b><u>Education</u></b>			
Less than High School	43.0	57.4	252
High School Graduate/GED	35.9	41.2	377
Some College/Tech School	28.9	26.4	287
College Grad	20.0	23.6	266
<b><u>Income</u></b>			
<\$15,000	42.9	44.4	162
\$15,000-\$24,999	42.5	42.9	277
\$25,000-\$34,999	29.4	33.1	144
\$35,000-\$49,999	29.4	33.3	191
≥\$50,000	20.4	24.8	246
<b><u>Race</u></b>			
White	23.5	25.2	584
Non-White	44.1	51.4	589
<b><u>Ethnicity</u></b>			
Hispanic	46.2	56.9	495
Non-Hispanic	25.0	26.0	685

**Table D-1.** BRFSS results: Respondents Who Have Not Had Their Cholesterol Checked Within 5 Years or never.  
\*Data not available for 2004. \*\*N is unweighted.